



Self-Advocacy

TEAMS & ISPS

## The Individual Service Plan

### Purpose

The purpose of this session is to increase understanding of the Individual Service Plan (ISP) and to develop additional skills to shape an ISP that reflects one's needs and desires.



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### Important Points to Learn

- An ISP is a written description of services, supports and activities provided to an individual. These services, supports and activities should ensure the health, safety and welfare of the individual as well as assist them to achieve personal goals. Examples of services include residential, employment and transportation services, etc.
- An ISP is developed with the assistance of a Service and Support Administrator (SSA) and various team members important to the individual.
- The majority of the content of the ISP is typically developed at an annual team meeting, but can be reviewed and modified throughout the year.
- People can be intimidated by the ISP meeting and process, but it's important to remember that this is your ISP and your team meeting. It's an opportunity to share accomplishments and to set goals.
- It's important for individuals to express themselves to ensure that ISPs reflect their needs and desires. It's helpful to consider these things prior to the meeting.

## QUESTIONS: TO CONSIDER

- How do you feel about your ISP and the ISP team meeting?
- What are some things that you want to achieve that should be included in your ISP?
- What are some things that you need to be safe and healthy that should be included in your ISP?

## ACTIVITY: THE INDIVIDUAL SERVICE PLAN

share thoughts about ISP and ISP team meetings. Highlight positive points that are shared and address any feelings of fear or apprehension relative to the ISP process. Encourage individuals to view the ISP process as an opportunity to share accomplishments and to set goals that they desire.

Encourage volunteers to share some things that they want to achieve. For each volunteer, write your name on a piece of paper and then write what you want to achieve. Post the paper with names and the goals. Discuss how this is a simplified version of the ISP process. Discuss how an ISP is a written description of what an individual wants to achieve and how to achieve it. Expound on the importance of individuals expressing themselves so that the people who are assisting to write the ISP will know the individual's desires. Perform this same activity with things needed to be safe and healthy.

Get into small groups of 2-4 people. Create an "ISP practice session". Use this practice to share with the group some things that might be important to share at the ISP meeting. List things to consider prior to the ISP meeting. Encourage individuals to practice expressing those thoughts with a friend or even in the mirror.